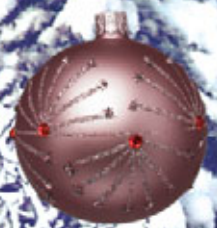
Volume 21, No. 02 • November 29, 2013

The Nation's annual Christmas shopping guide



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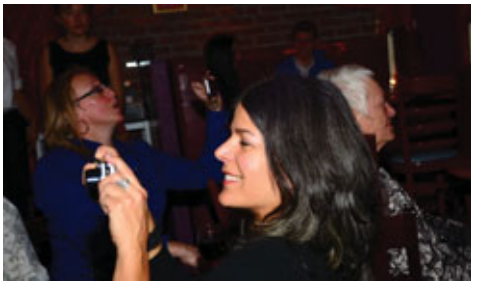
The contest runs from October 4, 2013 through December 8, 2013 and is open to members of the Cree nation living in one of the Native communities of Eeyou Istchee who are at least 18 years of age. Limit of one entry per person per day. The winner of the first draw will be announced at 8:00 a.m. on November 13, 2013 during the Hydlo and Friends radio show on JBCCS. The winner of the second draw will be announced at 8:00 a.m. on December 11, 2013, during the Hydlo and Friends radio show on JBCCS.

The Nation's 20th Anniversary Party

We'd like to express our sincere thanks to all the guests and sponsors that made our 20th anniversary celebration such a success! For more photos from the party, visit nationnews.ca or *the Nation*'s facebook page.



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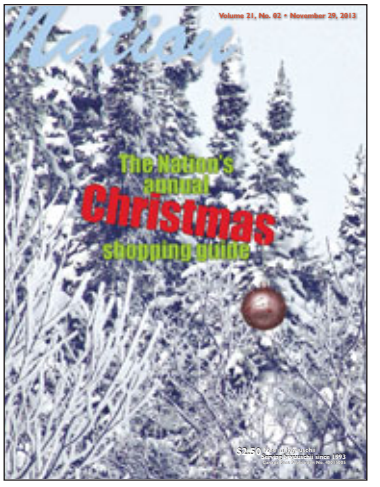

Cree Nation of Sheraton

by Joshua Iserhoff

I am often asked what I am passionate about, about what drives me. Well, I am passionate about moving forward. I am passionate about upgrading all areas of my life, including my gadgets. I love a challenge. I like when I am told "No." Actually, I am thrilled when I hear, "It won't work, you will have a problem." Whenever this happens, my inner Billy Diamond comes out and I say to myself, "Nothing is impossible!"

The Cree Nation has achieved much and we have nothing to complain about except for our stray dogs! I spoke to a lady some time ago, one of a certain blue-sparkled vintage and who claimed to have some Indian in her blood (ever heard that one before?). Anyhow, she could not believe that our Cree "reserves" were actually "livable" or that people here do not have to boil water.

The dear gal praised the infrastructures and the Cree culture. And, of course, she said that I was like no one she had ever met! Thank God for that! I mentioned how in 1975 our leaders had drawn a line in the snow for our rights. How they sacrificed their time, their relentless energy, their time away from home to fight for what we have today.

There had to be sacrifices along the way but we moved forward and out of poverty. Her rosy airbrushed cheeks and bridged smile assured me that we done good for ourselves.

As a Nation, we must keep moving forward and we must bring new ideas to the table. I always bring something to the table, flowers for mom when I am home! Flowers enlighten a home, create an ambiance and I believe that's exactly how ideas work. If we do not bring anything new to the table how incredibly boring and sad would that be. I've seen and been in these rooms.

This is my passion. Moving forward and trying to drag everyone else along for the ride. Some like to stay behind but most move forward. Some are leaders and some are followers and both of these complement each other because each plays an important role.

Speaking of moving forward, this is my ultimate Josh encouragement: be fashion-forward, my friends! It's okay to have many coats or glasses! As long as each of us brings something to the table for our Nation. Is it a good idea? We'll see. Mistakes happen so we can learn from them and find the right path. Just look at the 1980s. Sad attire but great musical tapestry!

This December, as all of our Cree entities meet in the Cree Nation of Sheraton de rue-René-Lévesque, I encourage everyone to keep up the good work. Let us always be open to change and always bringing new ideas to our wonderful Nation. But I still wonder what happened to my white girlfriend…

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One fight leads to another

Strateco shareholders may use NAFTA to sue over Quebec's rejection of Matoush uranium project

by Jesse Staniforth

The Quebec government informed Strateco Resources November 8 that the company would not be granted a certificate of authorization for the company's plan of underground uranium exploration on traditional lands near Mistissini.

In response, Strateco CEO Guy Hébert told reporters, several of the company's investors will sue the Canadian government under Chapter 11 of the North American Free Trade Agreement. The controversial NAFTA clause allows foreign investors to contest government decisions that harm their economic interests.

The decision to reject the Strateco project didn't come as a surprise. Quebec environment minister Yves-François Blanchet had said last June that he planned to oppose the authorization because of the project's lack of social acceptability among Crees. But surprise or not, the move from the Quebec government was well-received by the Grand Council of the Crees (GCC).

"We're very happy about it," said GCC Executive Director Bill Namagoose. "We hope the project will be canceled, because the Cree Nation has taken a position against it, and the minister has said that this is not socially acceptable. The model for the lack of social acceptability was the Paix Des Braves: it was accepted by the Cree public and it became the policy. That's the model that was applied to the Matoush project and the rationale they used [in refusing the authorization]."

The decision came a week before the 40th anniversary of Justice Albert Malouf's 1973 decision granting the Crees an injunction in their fight against the La Grande, Great Whale River, and NBR hydroelectric projects.

"It wasn't a government or ministerial decision; it was a court decision, which are all subject to appeal," Namagoose remembered. "So the government appealed and we lost – the Malouf judgement was overturned four days later. But it catapulted the Crees into a much stronger position – when Quebec and Canada were saying that we had no rights, that we were just squatters, and the Crees weren't really Crees because we ate pizza!"

Namagoose notes that the Matoush decision was made within the framework of social acceptability laid out by the James Bay Northern Quebec Agreement (JBNQA), to which the Malouf decision was foundational. Strateco's Guy Hébert has argued that Crees should have no right of veto over Category III JBNQA lands, which reminds many of the James Bay dispute.

Namagoose added that the JBNQA will remain integral to discussions of the Matoush project, especially because of the possible NAFTA lawsuit

NAFTA's controversial Chapter 11 allows corporations or individuals to sue the governments of the United States, Canada and Mexico for damages if they believe that a government's decision has hurt their ability to profit from investments in that country. It has always been the most furiously debated section of NAFTA, and was often described in the late 1990s and early 2000s as the catalyst for that period's wave of anti-globalization protests.

"It's totally ridiculous," said Namagoose, who added that the

"...when Quebec and Canada were saying that we had no rights, that we were just squatters, and the Crees weren't really Crees because we ate pizza!"

GCC Executive Director Bill Namagoose

impulse to resort to NAFTA "seems like a sign of desperation."

However desperate, he said, NAFTA exists and the Grand Council was not prepared for a challenge on that level.

"Strateco using NAFTA to impose something in the Cree world is totally unacceptable," he said. "We're not a party to NAFTA, but we're subject to it. It seems everybody in Canada is subject to it. But we didn't agree to NAFTA. Our review process – the JBNQA review process – rejected the Matoush mine. Now the Quebec government has also said they won't give the permit because of a lack of social acceptability."

"Strateco using NAFTA to impose something in the Cree world is totally unacceptable. We're not a party to NAFTA, but we're subject to it. It seems everybody in Canada is subject to it. But we didn't agree to NAFTA."

Strateco has repeatedly said that it has invested nearly $125 million in the project, and its responsibility is not to reflect the project's social acceptability but to make sure its investors profit from it. According to the National Post, Strateco's biggest investors are "Cayman Islands-based private equity firm The Sentient Group, Toronto-based boutique investment management firm Goodman & Co., and [the] Bank of Nova Scotia," while Hébert has said that the company is also backed by US pension plans.

Said Namagoose, "You've got these capitalists from Canada, the United States and Mexico, saying, 'Wait a minute, we have a significant investment in Strateco that should prevail over your human rights.' [NAFTA] can be used for anything in the commercial, capital world: if capitalists don't like what the government is doing, they can come down heavy on them with NAFTA."

Dealing with NAFTA is entirely new territory for the Grand Council of the Crees, but Namagoose stresses that the GCC, who have aggressively defended Cree sovereignty at all other legal levels, will fight against any attempt to use NAFTA against the will of the Cree Nation.

"We don't even know what the process is. This is totally new," he said. "Of course, we will challenge it. We'll protect what the Cree people want."

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Fighting zero vacancy

Cloutier renews her efforts to house the homeless in Val d'Or

by Amy German

With the early November election of former Quebec Aboriginal Affairs Minister Pierre Corbeil as the new mayor of Val d'Or has come a renewed hope for three separate housing projects for Aboriginals that were rejected by former Mayor Fernand Trahan.

Edith Cloutier, the executive director of Val d'Or's Native Friendship Centre, is hopeful that she may now be able to help hundreds of Aboriginals seeking housing in a town where there is very little to go around.

As a portal to Northern Quebec, the city has been plagued by one of the lowest vacancy rates in Canada, with hundreds desperate for adequate housing and others out on the streets.

"We don't want to hide our heads in the sand as an Aboriginal organization. While there is a colour to homelessness here in Val d'Or, it is not exclusive to Natives. At the same time there is a growing number of Aboriginal persons that are homeless here," said Cloutier.

According to Cloutier, homelessness was a hot topic during the mayoral debates and is on the minds of many Val d'Or residents, who associate those on the streets with petty criminal activity and violence in the city's downtown core. Many of those want more police and the installation of surveillance cameras downtown.

But Cloutier is hopeful the new mayor will open the door for the three housing projects she is promoting.

"We want to be at the heart of the solutions and with that in mind we have developed the Kijaté projects [an Anishnabe word meaning full of sun], for low-income Aboriginal families and would be done in conjunction with the Société d'habitation du Québec," said Cloutier.

Executive director of Val d'Or's Native Friendship Centre Edith Cloutier

The Friendship Centre has been pitching a 24-unit apartment building under the SHQ's AccèsLogis program, which funds projects of this nature. The roadblock is a requirement that 25% of the costs to be covered by the municipality, something Trahan refused to do. That 25% would be covered by the donation of municipal land for the project as well as a tax exemption.

The Friendship Centre is proposing two other 24-unit housing projects – one for Aboriginal student family housing in partnership with UQAT, and a supervised-living facility to help more marginalized people transition off the streets. Architects Without Borders are willing help with the latter project.

Cloutier said Corbeil will be meeting with the Friendship Centre in the coming weeks to learn more about the housing proposals.

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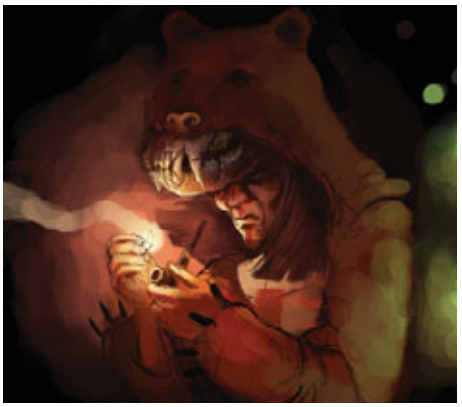

Indians + Aliens: The Game freely available

Fans of the Rezolution Picture's documentary television series Indians + Aliens can now explore the extra-terrestrial mysteries of the North from their mobile devices in the newly released Indian + Aliens: The Game.

Inspired by intriguing stories of interstellar visitors as told by people from across the Quebec's northern communities, the game accompanies the hit TV series that premiered on APTN in September.

The challenging, 30-level puzzle game tells the story of a wise shaman who is on a quest to save an important member of his tribe from a group of otherworldly visitors.

Available on both Apple and Android operating systems, the mobile game can be downloaded for free at the App store or on Google Play.

Forgotten heroes honoured

When many people think of the world-famous code talkers, the Native Americans who used their language to transmit messages in wartime that enemies could not decipher, they immediately think of the Navajo tribe. Earlier this month, the United States government finally awarded the Congressional Gold Medal to the "forgotten" code talkers who were members of other tribes.

Edmond Harjo, a 96-year-old member of the Seminole Nation in Oklahoma, was one of the code talkers who received the country's highest civilian honour November 21. Tribe members from across the US, some as far away as Alaska, attended the ceremony in Washington.

Although Navajo code talkers received the medal in 2000, the process to recognize those from other tribes did not begin until 2008's Code Talkers Recognition Act, which aimed to celebrate the contributions of all Native American code talkers from both World Wars.

"Native American Code Talkers of the First and Second World Wars are true American heroes without whose efforts our troops would have certainly suffered greater casualties and would have certainly experienced slower progress in their efforts to end these conflicts," said Rep. Tom Cole (R-Okla.), a member of the Chickasaw Nation. "For too long, our country has failed to recognize the efforts made by these great Native American citizens."

Stornoway promotes new projects

Stornoway Diamonds hosted an event this month to emphasize the company's close collaboration with Quebec and the communities of the James Bay region in the development of its mining projects in the area.

Mistissini Chief Richard Shecapio, Quebec Natural Resources Minister Martine Ouellet and Chibougamau Mayor Manon Cyr were on hand as the company touted the importance of the Route 167 Extension-Renard Mine Road and the new Monts Otish regional aerodrome. These undertakings, largely financed by the Quebec government, will contribute to the development of Quebec's first diamond mine, the Renard Diamond Project.

"We determined that earning our licence to operate from the region's local communities and contributing to their economic development would be one of our top priorities," said Patrick Godin, Stornoway's Chief Operating Officer.

The project, located 250 km north of Mistissini, is expected to produce up to 3% of the world supply of rough diamonds.

feature

"It's beginning to look a lot like Christmas"

The Nation's annual Christmas shopping guide

by Amy German

While Eeyou Istchee's grounds have long been blanketed by several layers of snow and the Halloween decorations have been swapped out for Christmas lights (or a Habs crest, depending the home), people throughout the land are gearing up for the annual pilgrimage south to shop until they drop.

Whether you're planning a mad southern dash to purchase all of your gifts in one fell swoop, or you've pulled out the credit cards for an online buying extravaganza or you're picking up whatever you can as close as possible to home, the shopping season has long since sprung!

So if you're looking for something incredible to please your bush man, the latest kitchen gear for the foodie in your life, some cutting-edge tech item for your technofile, a flashy bauble to please your lady or a toddler toy that the wee ones won't tire of too quickly, we have many suggestions, all in one story!

On top of that, this year our literate elves at the Nation have been scoping out the best in books for the young and old to stimulate your mind during the darker hours of the indoor season.

Of course, all of this information we're getting directly from Old St-Nick himself, as the Nation has forged very close ties with the fellow over the years and so we can get first-hand advice from him whenever we request it.

So here are some of the suggestions that Santa has offered up.

FABULOUS FASHIONABLES WITH A TRADITIONAL EDGE

If your lady loves the leather goods and you want to swathe her hands and feet in something luxurious, exclusive, handmade and breathtaking, the out-of-this world creations from the West Coast Cree designers at Cree Nisgaa.

Featuring boots, mitts, vests and other accessories in brilliant colours with either hand-painting or leather-work designs based on the traditions and styles of the Nisgaa Cree Nation, these incredible items were actually featured on the runway during New York Fashion Week.

For more info: www.creenisgaa.com

If fabulous mukluks are more her thing and you want something that's both a couture brand name and intended for warmth in extreme cold, the Métis-owned Manitobah Mukluks company makes some of the best footgear around.

Whether you're looking for classic mukluks, fur-wrap mukluks, Buffalo Dancer mukluks or the Cadillac of the batch, $1599 red-fox-fur mukluks – probably found on the feet of the rich and famous – these incredible foot fancies start at around $169 and feature footgear for the whole family.

For those wanting to Native-up their snowboarding gear, the company actually makes decorative snowboarding mukluks that can be ordered off their website.

For more info: www.manitobah.ca

For those looking for off-the-runway couture garments for both men and women that feature the bold and distinctive artwork of B.C. Natives, world-renown Haida designer Dorothy Grant makes and ships her creations to you with a few mouse clicks.

One of the first major Native designers to take her culture's artwork and place it onto the runways, creating something haute-gamme that would be

Boots by Cree Nisgaa

coveted by both the Native and non-Native world, Grant offers something for every budget – ranging from a $35 leather keychain pouch to a one-of-a-kind cashmere cape with black fox trim for $3500.

Over the years Grant has expanded her collections into several lines and now features sportswear, accessories, day and evening wear as well as special high-end "feast wear" and gala gowns you could wear to the Oscars.

For more info:
www.dorothygrant.com

Whether you're shopping for a brand-new ribbon shirt for him or a gorgeous new eagle-feathered shawl for her, Mohawk designer Tammy Beauvais sells all sorts of fabulous goods that make great gifts on any budget.

For example, who wouldn't appreciate a simple eagle-feather scarf-and-glove set for only $40?

At that, Beauvais can often accommodate special orders for personalized details as was done with this ribbon shirt where the feathers were swapped out for geese.

For more info:
www.tammybeauvais.com

MAKE YOUR LADY SPARKLE

As the holidays are all about "Silver and Gold" (and crystals, diamonds, platinum), if you are thinking that you lady might be more inclined towards an accessory that shimmers, and might out-sparkle the Christmas tree, there's something out there for just about every budget.

For the budding mademoiselle looking to be the life of the holiday parties, H&M has this adorable satin-covered metal "Alice" headband with sequin-embroidered lace cat ears; it's the perfect crowning glory for a young lady's ensemble. At only $9.95, it's a great stocking stuffer and is just really cute.

If your lady wants to project a "tougher" image, H&M also has this edgier gold-coloured "elasticated" bracelet in plastic with studs and sparkly stones, for $9.95.

For more info: www.hm.com

If she is more of a "bo-ho chick" (for older readers, think Bohemian) and you're looking for a gift with a bit of whimsy, the Charmed Design Handcrafted Jewellery Company makes

Manitobah Mukluks

a wide variety of items that feature leather, silk or cork with charms and energetic stones to create meaningful pieces.

Whether it's an item that expresses her fascination with other cultures or her love of Jesus, these divine wraps range from $29 to $68 and can be purchased online or through various retailers.

For more info:
charmeddesign1012.indiemade.com

For the girly-girl who loves to personalize her belongings with a touch of glitter

Beauvais' ribbon shirt where the feathers were swapped out for geese

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Sheena Pierced Earrings

anywhere she can, this Swanflower Silver Smartphone Incase is the perfect thing to set her iPhone apart from everyone else's. It's got a touch of dazzle that is chic but not over-the-top. At a cool $50, it's one that Santa says he would select.

For more info: www.swarovski.com

Since Swarovski is the go-to store for glitter-glam without a diamond price tag, if you want to give her something that screams all-out glamour, check out the Sheena Pierced Earrings. These rounded rhodium-plated crystal earrings have their own seductive sparkle. They can be dressed up or down for any occasion and are versatile enough to go with just about anything. At $85, the price is right for her big holiday moment under the tree.

For more info: www.swarovski.com

If your gal is a fan of turquoise, and you want to order something fabulous for her online, look no further than these pear-shaped turquoise earrings in yellow rhodium-plated sterling silver from Peoples. They are the ideal day-into-night look as they can be worn with anything and have great value at only $109.65.

For more info:
www.peoplesjewellers.com

If your lady is all about prestige and you want to get her something that she will never, ever forget, there's always Tiffany's or Tiffany.ca, for those who don't want to hit their Montreal store in Holt Renfrew.

While there's no limit to how much you can spend at Tiffany's, they do offer some spectacular baubles that won't break your bank.

Our recommendation from Santa is to check out the new Paloma Picasso collection available both online and in store. Featuring simple pendants and chains that start at $165 for the "Tenderness Cross" and go all the way up to $16,700 for a hammered-gold necklace, there's plenty available in a tiny blue-green box to blow her mind.

For more info: www.tiffany.ca/

SPRUCING UP YOUR FELLOW

For the pampered guy who's in need of a little "manscaping" to pretty him up for the holiday season, Santa gave us the following suggestions.

For the man in need of a new electric shaver, Walmart has the Philips PT710/20 PowerTouch Electric Shaver, an ideal product to get the job done well and quickly (so it makes a good gift for a busy Dad).

At just $39, this shaver features a "super lift and cut system" for a comfortably close shave.

For more info: www.walmart.ca

If he's handy with a blade and can do it old school, there ain't nothing like a straight

DOVO straight razor

razor for the ultimate close shave! The Centre du Rasoir, Quebec's razor specialists, features a wide variety of blades, brushes and other shaving accessories.

But for the man who wants to get it right (and has incredibly steady hands), this ornate DOVO straight razor makes for the ultimate gift. Featuring a hollow ground Swedish steel blade, this item is of the highest quality and comes in its own carrying case.

For more info:
www.centredurasoir.com

To spruce up his skin or to simply maintain his man-beauty, the perfect accompaniment to a razor gift is the man-cosmetics to go with it. And, if you really want to indulge him, why not go with something that's both über-natural and of fabulous quality like this Art of Shaving brand 4 Elements of the Perfect Shave Carry-On gift set in either sandalwood or unscented?

Available in Sephora stores or online, these products are ideal for men with "sensitive and normal-to-dry skin, ingrown hair, razor burn or tough beards. They are free of alcohol, synthetic dyes, synthetic fragrances and other ingredients that can be harmful when absorbed into the skin."

For more info: www.sephora.com

If you want to pretty him up with some special adornment, that will make him stand out in the business crowd, check out these sterling-silver rectangular engravable cufflinks from Birks. At $125, these classic cufflinks make for an unforgettable gift, particularly with his initials on them.

For more info:
www.maisonbirks.com

But, if he needs a brand-new suit to stand out at the office party or to look good for his lady come New Year's Eve and he happens to be a gentleman of the larger or taller persuasion, M.H. Grover now offers online shopping.

Featuring gorgeous garments from sportswear to Ralph Lauren suits, M.H. Grover offers quality big-and-tall clothing for those who want to stop in at their Montreal store in Verdun or measure themselves at home to shop online.

For some all-out-holiday glamour, get a fabulous Ralph Lauren suit – available in a wide variety of colours – for only $595.

For more info:
www.groversbigandtall.com

FOR THE SPORTS FAN

But, if your special someone is more of a super-fan, whether they are into the Habs, the Blackhawks or the Bruins, there is no limit to the sports merch out there to please the home team (in your living room).

Perusing through the official NHL site (where Santa often shops), there were several items that jumped out as awesome Christmas gifts that would make any hockey fan happy.

While all the fans in your household are already rocking their own team jerseys, jammies and headgear, if you really want to enhance the at-home-game-

THE CREE MINERAL EXPLORATION BOARD
CONSEIL CRI SUR L'EXPLORATION MINÉRALE

The main purposes of the Cree Mineral Exploration Board are:

1) Assist the Crees in accessing mineral exploration opportunities;
2) Facilitate the development of mineral exploration enterprises with Cree entrepreneurship;
3) Help encourage the Crees and Cree enterprises benefit from Quebec's regular funding programs as well as other provincial assistance allocated to mineral exploration activities;
4) Act as main intermediary between offers and demands of services made to Cree enterprises in matters relating to mineral exploration.

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watching experience, there isn't anything like having this Fan Fever Goal Light.

With its puck-shaped remote control, this fancy little contraption, with a flashing LED light, replicates the goal horns of all 30 NHL teams. Plus, it comes with team labels so you can customize it according to your loyalty – or who is winning come playoff time.

At $49.95 on the official NHL merchandise site, it will no doubt be a crowd pleaser for your super sports fan!

For those cold, dark and blustery Eeyou Istchee nights, the best way to envelope super-fan in warmth and comfort is with this Sports Coverage snuggly queen-sized comforter. These officially licensed NHL team full/queen comforters are available on the NHL website and make for a great way to show spirit while snuggling up with the one you love. Available for $140 and customizable to just about every team.

Sports Coverage Montreal Canadiens Full-Queen Comforter

As so many hockey fans love to share their joy of the game with anyone who will listen, even when the season is long over, one fantastic way to keep the hockey love going well into the summer is with this Team Golf Montreal Canadiens Golf Cart Bag.

At $274.99, this exquisite golf bag will make your fan the envy (or aggravation) of everybody out on the links. The product features an integrated top handle, 14 full-length dividers, five zippered pockets, and three lift-assist handles plus a fleece-lined pouch is ideal for valuables, while the removable rainhood ensures that your clubs stay dry.

For more info: shop.canada.nhl.com

If he/she doesn't have one already, why not trick-out your fan's phone with this awesome Coveroo-brand phone case?

Running from $29.99 to $31.99 and with various models available for iPhones and the Samsung Galaxy S3, these sports-glam cases are available for nearly every team and with various team logos to suit your taste.

And, for those who are fans of other sports and want a different variety of phone case, visit the official Coveroo site to purchase your baseball, football, golf and even camouflage-themed phone cover.

For more info: www.coveroo.com/

FIXING UP THE HOME

If your special someone tends to be the home-fix-it type, Santa told us about a few fabulous items that he thinks will bring on the cheer come Christmas morning.

For the budding fix-it type or the person who has loved his tools to death, the Mastercraft 20V Tool Kit is a great gift for someone in need of some decent quality power tools. This tool kit includes a 20V drill/driver, 20V multi-tool, and a 20V circular saw and comes in a soft case. Each of these products also has a lithium-ion battery that offers more power and a longer run-time. Currently available for $179.99 at Canadian Tire, this product features some incredible value.

If a new multi-purpose tool kit is their desire under the tree, Mastercraft also offers this ultra practical 28-piece general multi-purpose tool set and bag that features a wrench, pliers, tape measure and screwdrivers as well as a hammer, knife, saw and scissors along with other goodies – all in a very portable format for only $66.99.

For more info: www.canadiantire.ca

For someone looking to do more detailed work, the Makita 124-piece Impact Driver Accessory Kit available at Home Depot for only $49.99 makes for an excellent gift.

This set features a 1/4" hex shank, includes unique bits like a flex extension, a centre punch and scribe and comes in a blow mold plastic case. This item could cause some real excitement come Christmas morning for the right person.

For more info: www.homedepot.ca

BUSH GEAR

However, if you are on the market for gifts that celebrate bush life, or are planning to get back to nature over the Christmas holidays or want to start planning for later trip during the season, Santa has given his stamp of approval for all of the following bush gear and other comforts.

There is nothing like bringing out some liquid gold for when you're on the go in the winter. Whether your choice is coffee, tea or some moose-meat stew, you can now keep it at the perfect temperature with this Thermos' Urban Elements bottle.

This stainless-steel container holds up to 1.8L of fluid and utilizes Thermos' TherMax vacuum-insulated system to keep beverages hot or cool for long periods.

At $49.99, this practical high-quality item is available online and in-store at La Cordée.

For more info: www.lacordee.com

If you want to buy your winter hunter some awesome snow camo gear to keep him incognito in the bush, the Bass Pro website ships quickly to Canada and offers a wide assortment of items designed for warmth and stealth in the bush.

Take the ArcticShield Onyx Performance Fit Jacket as it is designed to keep you warm, dry and comfortable out in the field with windproof and waterproof protection along with

Thank You! Merci! Meegwetch!

A huge thank you goes out to our clients who generously provided fabulous door prizes for our *Nation* 20th Anniversary Party. You rock and we appreciate you!

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Minority Inc.
ADC Assurances Abitibi
Beesum Communications

Cree Human Resources and Development

Leatherman Charge AL Multi-Tool

breathable, moisture management for comfort.

At $133.99 US (plus shipping and handling), it's available in sizes up to 2X and is a great deal.

For more info: www.basspro.com

If you're heading out to the bush camp, packing light is ideal, especially if you're on skidoo. This is why having an excellent multi-tool isn't just an asset but a necessity. If you're looking for something of excellent quality, Leatherman Brand is one of the best since they are the ones that invented it.

One of their most upgraded models is the Leatherman Charge AL Multi Tool as it offers

stronger pliers, diamond-coated files, and aluminum alloy handles as well as large and small bit drivers. It allows you to customize the tool to the task from a great selection of bits and big and wide knife blades still fit in a compact 10.2cm (4in.) multi-tool.

Running at $115 from Mountain Equipment Coop, this item ships quick as MEC is a Canadian company. It has various stores throughout Montreal and other regions, if you want to scope out these tools in person.

If you're looking for something high-tech to keep him (or her) ultra-warm while getting away from it all in the great white north, these incredible Smartwool NTS Micro 150 crew shirts are the ticket.

A lightweight garment that is made from merino wool, Smartwool is really smart-wool because it can keep you warm in cold weather and cool in warmer weather. Plus it can provide significant sun protection when worn alone so it's the ideal garment for just about any weather. On top of that, Smartwool garments are core temperature balanced, prevent chafing, will keep you dry and are naturally antimicrobial.

Starting at $95 for the basic top, this high-end item is an asset for the outdoors person.

If you are looking to embrace him or her in luxurious warmth at your bush camp this holiday season, Mountain Equipment Coop offers their own brand of sleeping bags for extreme cold that are not only top-of-the-line but ultra-sophisticated and lightweight.

The MEC Thor 2 Windstopper Sleeping Bag 30C runs between $465-$520, and can be considered the Cadillac of winter sleeping bags as it will keep you roasty-toasty. Featuring exquisite tailoring and copious down to keep you in lavish comfort while roughing it, according to MEC, this sleeping bag features a cut that "concentrates the down where it's needed, without compromising weight or compacted volume. A yoke and muff collar system completely encircles the neck to seal out drafts."

For more info: www.mec.ca

FOOD, FOOD, FOOD

Whether your special someone simply wants to get into making better meals or is a seasoned foodie who wants to try out the latest gear, if a food-related gift was what you had in mind, this is what Santa told us would be hot this season.

As spices actually do need to be replaced every few years because they lose their potency, this black Cole and Mason Herb and Spice Carousel Rack with 20 glass jars and spices makes a great gift for the person whose cabinets could use a little perk. And, why even hide it in the cabinets? This rack and its accompanying glass-and-chrome bottles are so sleek and stylish that they can be kept out on the counter.

For more info: www.amazon.ca

For the family who lives for weekend morning pancakes, this Nordic Ware Smiley Face Pancake Pan is a great way to make that cherished morning ritual even better.

This novelty product is perfect to make the kiddies smile and giggle while helping you create thin, light 3" pancakes. Made from heavy cast aluminum, it features nonstick coating for even heat distribution and easy cleanup. At Sears stores or on their website, this wonderful gift sells at $35.

For more info: www.sears.ca

For the foodie who is also a hockey fanatic, Future Shop now features a whole series of NHL appliances for the individual who wants to see their team's logo on their toast or waffles. Available only on their website, Future Shop carries toasters for the Canadiens, Maple Leafs, Jets, Senators and Flames as well as waffle makers that feature the Canadiens, Maple Leafs, Jets, Senators,

Cuisinart Meat Grinder (CMG-105C)

Flames and Oilers. Each product costs $40.

For more info: www.futureshop.ca

For the foodie who likes to make the most of their wild meat, this Cuisinart Meat Grinder is a wonderful way to ready your moose-meat scraps into fabulous burgers and prep your caribou for meatballs.

This high-end meat grinder features a powerful motor and large die-cast metal hopper that allows you to grind generous portions of fresh meats quickly. With professional-quality performance, this sleek and stylish grinder is the ultimate northern kitchen accessory at just $90.

For more info: www.bestbuy.ca

If your foodie is looking for something fabulous to make smoothies and other frothy concoctions, look no further than incredibly powerful and state-of-the-art Ninja Professional Blender.

While this product runs for $150, it features an industrial-style motor that is powerful enough to crush ice into snow and literally pulverize whole fruits and vegetables. It also features a large 72-oz pitcher with Ninja's six-blade technology. But what makes this product attractive is that for someone who really likes to make smoothies and homemade frozen coffee confections, this product will blend them to perfection, over and over again.

For more info: www.canadiantire.ca

While some have said that the idea of a deep fryer that lets you make crispy and delicious French fries with only a single tablespoon of oil is way too good to be true, the T-Fal Actifry Deep Fryer apparently does this and has become Oprah's favourite kitchen appliance as a result.

Costing $195.98 at Future Shop, this handy appliance can also prepare a wide variety of healthy and tasty recipes with vegetables, meat, poultry, seafood and fruits. It also features automatic stirring paddle mixes and coats food with sauces or oil for even cooking results.

For more info: www.futureshop.ca

TECH GADGETS

If your partner is a lover of gadgetry and is all about what is hot and new in tech, it is one area of gift giving that is now almost without borders. Every year, this industry offers us new wonders to wrap up under the tree.

If you want to get her a "purr-fect" set of headphones that are completely functional and totally awesome to wear, these furry ones are available on the ThinkGeek website.

Available in black or white, kitty or brown-bear ears, these headphones have animal ears on the adjustable headband. They are compatible with iPhone, iPod, iPad, Android phones, Nintendo 3DS, Wii U and laptops (anything with an audio jack). Plus they come with a built-in microphone and an adapter for PCs so you can use them for video chats with friends if you want. Get them for $25 US.

Furry plush headphones

For more info: www.thinkgeek.com

If you are shopping for someone who is a military-gaming junkie, a Comrad Gaming Helmet is the ultimate gift to enhance his gaming experience.

Designed to add as much realism as possible to your Medal of Honor, Call of Duty, ArmA or Battlefield playing experience, this helmet is designed for a fully immersive FPS audio experience. It features wireless connectivity and is compatible with Xbox 360, PS3, Wii U, Wii, PC, and Mac (Wii U and Wii game audio only). Plus it has a microphone port and Xbox 360 Talkback cable port.

As war can happen anywhere, now you can customize your helmet with the three interchangeable camo covers (digital desert, forest, digital forest) that this helmet comes with so that the player matches the game. It costs $60 US.

For more info: www.thinkgeek.com

If your present is for a music lover and you want to give them the ability to pump out some serious sound, wherever they go, the Beats By Dr. Dre Pill Portable Bluetooth Speaker is the gift that keeps on giving.

Featuring Bluetooth technology, this sleek and styling speaker is designed for streaming tunes from a smartphone, tablet or other Bluetooth-enabled device and features a built-in microphone for easy-peasy hands-free calls, and NFC technology for one-touch pairing with NFC-enabled devices. It's available for $220.44 at Best Buy.

For more info: www.bestbuy.ca

For those who loved futuristic spy/space movies as a kid, this contraption takes a page right out of there, delivers the future right to you. Samsun's Galaxy Gear Smartwatch slaps incredible app power onto your wrist.

While only compatible with the Galaxy Note – sold separately – this watch snaps photos where you go and syncs with your devices using Bluetooth 4.0. It can serve as a suped-up pedometer, a TV to stream content and a GPS device to help when lost. This device is all about helping you streamline your productivity. Costs $329 at Future Shop.

For more info: www.futureshop.ca

On the market since mid-November is Sony's long-anticipated PlayStation 4 console. Featuring generation graphics and just about everything else, there isn't

much that we have to say about this product because those in the know already know all about it. It's this year's hot-selling tech gadget and retails at $403.74.

For more info: store.sony.ca

One of the most buzzed about products this season is the Apple's new iPad Air. It's all about being thinner, lighter and more powerful. Not that anyone was actually complaining about how heavy and cumbersome the last versions of the iPad were, but this one can do a lot more than its predecessors.

Designed with 64-bit architecture, the iPad Air can deliver up to two times faster CPU and graphics than the last iPad, without sacrificing battery life. Plus, the wireless has an upgrade and the apps are mightier. It starts at $519.

For more info: www.apple.com/ca

If you are looking to propose a life-long commitment question to your special lady this holiday season or just want to buy her something special to commemorate your many years together, Bijou Majesty could just be your solution.

Specializing in loose diamonds, custom diamond rings and fine diamond jewelry, Bijou Majesty can produce and at decent prices.

For more info: bijouxmajesty.com

TOYS FOR THE SMALL ONES

While the bigger kids have no doubt already told you everything on their wish list and more, it has a game of whittling it down to the practical. But when it comes to buying toys for toddlers, it can often be a guessing game.

This is why Santa, with a little help from the Canadian Toy Testing Council (CTTC), made the following suggestions.

Among the CTTC's recommendations for the under four-years-old crowd are items like the Walkness Monster. It's a walking toy ideal for children as young as 10 months, yet has broad enough appeal for kids all the way up to four.

The Walkness Monster is sturdy and colourful, and gobbles up nine brightly coloured balls through the handles and the kids can watch them swirl around. Creative little minds will like how this toy can be also used as a stroller, shopping cart and a wagon.

For more info: http://www.amazon.com

For all little ones who have tried to put their dollies into the tub during bath time, now there's Mon Premier Bébé Bath Doll & Accessories, a doll designed specifically for that activity.

This petite mademoiselle is designed for kids 18 months and older. According to the CTTC, she is the perfect size and weight to be carried around by your toddler and is made from quick drying materials. The doll comes with all sorts of tub-

Mon Premier Bébé Bath Doll & Accessories

swim accessories, such as flippers, snorkel, goggles and arm waders.

For more info: http://us.corolle.com

If you want to get your toddler prepared for the upcoming baseball season, the Clearly Sports Baseball playset is another CTTC suggestion. The colourful baseballs inside of the bat are enticing to the kids while it is great for promoting coordination and motor skills.

For more info: www.littletikes.com

Also recommended by the CTTC is the Spot It! Alphabet by Blue Orange Games as an ideal learning game for the 3+ crowd. Comprised of 31 round cards in a handy tin storage case, the object is to match up items on two cards and the game can also be played three different ways. What the CTTC found about this particular game was that it had wide appeal for players of multiple ages and could be played in larger or smaller groups, making it some ideal family fun!

For more info: www.blueorangegames.com

For more info on the CTTC: http://toy-testing.org

PENGUIN BOOKS FOR THE YOUNG AND YOUNG AT HEART

If you are looking for a selection of holiday books for story time with your children, Penguin has a handful of titles that discuss all sorts of holiday themes in the perfect context for wee ones.

Jon Agee's *Little Santa* is an adorable picture book that has a particular appeal for the younger children but also offers a hilarious look at what Santa Claus was like as a young boy. Discover what happens to him when his family announces they want to move to Florida.

Trying her hand at writing children's book, award-winning actress Emma Thompson has penned *The Christmas Tale of Peter Rabbit*. It comes with a disc so that you and your child can listen to Thompson read the book about what happens to Peter Rabbit and his cousin Benjamin Bunny when they befriend William the Turkey.

In Lauren Long's *An Otis Christmas*, discover what happens to Otis the tractor when his farmer needs his help to save a birthing mare on Christmas Eve. Brilliantly colourful with a heartwarming message, this book appeals to children who may have been into a certain talking Train Engine and is all about bravery.

For the child who loves to colour or is learning about colours, Drew Daywalt and Oliver Jeffer's *The Day Crayons Quit* is a cute little story about just that, with individual messages from each crayon. With childlike drawings about each colour, this "colourful" story is quite funny and may inspire your little one's imaginary conversations with crayons.

A wonderful kind of a first book about bullying, *Llama Llama and the Bully Goat* by Anna Dewdney is a great way to get an important message out to kids about how to behave at school and what to do about a bully. With sweet and endearing illustrations, this lovely picture

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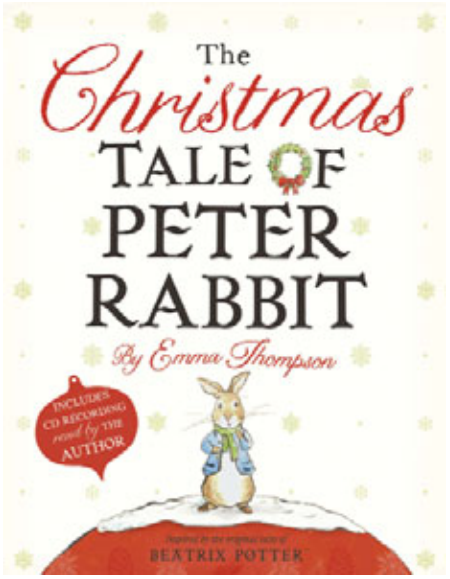
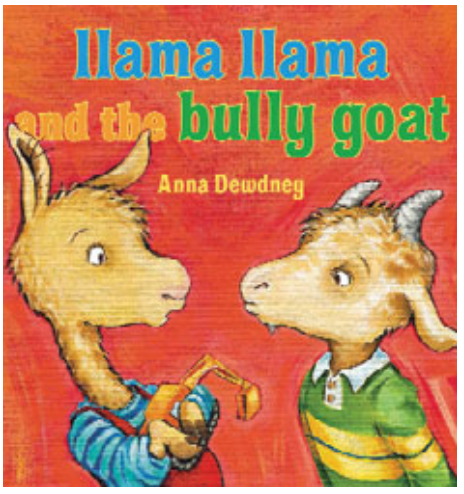


book is a wonderful way to deal with a difficult subject.

If you are on the market for a novelty picture book for your older teen or an adult, the amusing *Diary of Edward the Hamster 1990-1990* by Miriam and Ezra Elia is a sarcastic and artsy look at the life of an existentialist hamster. This dark, witty diary is good for about a half-an-hour of amusement but is well worth it.

One of the season's most talked about biographies, for the fashionista thinking of going into business for herself or the gal who wants to get an inside view into the exciting world of Jimmy Choo shoes and how they came to be, I*n My Shoes* by Tamara Mellon is all about that and more. A dramatic tale of hard work, corporate takeovers, fashion, addiction and motherhood, Mellon's autobiography is a gripping tale of her rise to the top and survival in the fashion business.



For the sci-fi/fantasy fan, *The Bone Season* by Samantha Shannon is another one of this year's most talked about reads. This detail-oriented futuristic novel is all about 19-year-old Paige Mahoney living in 2059 London and her job working in the criminal underworld of Scion London, based at Seven Dials where she scouts for information by breaking into people's minds. An action-packed tale, this book reads like a video game and will appeal to those into gaming.

For the foodie out there or individual who is trying to learn more about cooking and needs some new inspiration, the following three titles will no doubt be incredibly popular this season and found under many Christmas trees.

Back to Basics by Michael Smith features classic recipes with a special twist. Smith is one of Canada's most successful cookbook writers and a hugely popular celebrity chef on Food Network Canada. This book offers great advice to revive old standards. A great bet!

In the Kitchen with Stefano Faita is one of this season's most accessible cookbooks with hundreds of simple recipes. This TV tie-in companion cookbook is a great gift for those who are fans of Stefano Faita's show and will no doubt bring some excitement to your table.

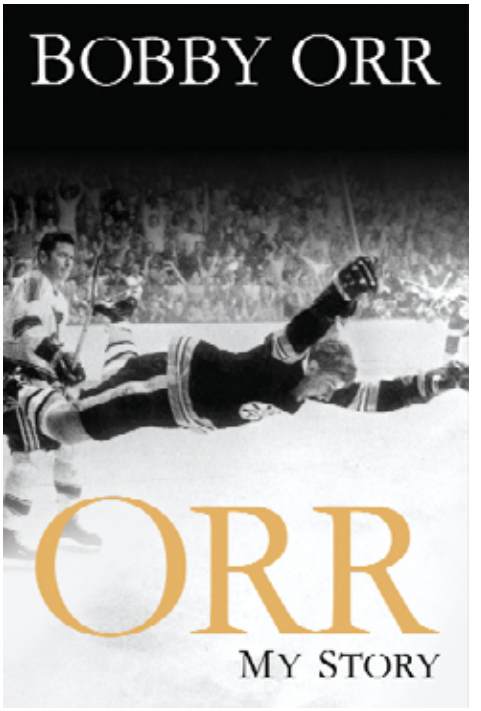
Written by one of North America's most popular celebrity chefs, *At Home with Lynn Crawford* provides all sorts of tricks and techniques to prepare a bevy of delightful dishes.

And with that, Happy Christmas to all and may your shopping be merry and bright!

EDITOR'S PICK

When I got my Scottevest I didn't stop wearing it for almost two weeks. The damn thing is not only styling but has 24 pockets. It's water-and-stain resistant and that's something I needed with a two-year-old. The pockets are also a little more difficult for probing hands making it easier to keep my iPhone and lotto tickets intact. Seriously this is one of the greatest pieces of clothing I have. When wearing it, I no longer need my man purse… knapsack to carry all my junk. And it's even engineered to balance all the stuff I put in it without bulges. You technojunkies will love the iPad pocket and other features. They also have coats for both men and women. Get one, you won't regret it!

For more info: www.GetSeV.com



LYLE'S PICK

#4 on the sweater, #1 in our hearts

For hockey fans of my generation, there is wide consensus that the best hockey player of the 1960s and 1970s – perhaps ever – is Bobby Orr. As a kid, I lived, breathed and dreamed hockey, and the electrifying #4 was my hero. I've read a few books about Orr before, but *Orr, My Story*, his recently published autobiography, is a departure from the hero worship and awe over the legendary scoring stats.

That's because the legend finally tells his own story: "I am a parent and a grandparent and I believe that I have lessons worth passing along," Orr writes. This book is only partly about hockey. Orr's story is also about the age in which he played, when professional hockey evolved into a faster, more exciting game and a money-grubbing big business. It's also the story of a small-town kid who became the best under the big-city lights, and the heartfelt lessons he learned on the way.

A RESOURCE MINE

Caroline Stockli

Age 44, St-Bruno-de-Guigues, Nurse Team Leader

"I was promoted to the position of Nurse Team Leader in April, 2012. Currently, my biggest challenges consist of keeping up the pace, monitoring the evolution of the project and mobilizing my team. Every day, I have the opportunity to learn, contribute ideas and hone my skills in occupational health and safety."

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Recognition and respect

Honouring Cree women in leadership

by Akiva Levitas

Celebrating the achievements of Cree women in leadership, the Quebec Native Women's Association (QNW) ended off its 40th anniversary symposium with a celebration dinner honouring eight Cree women who have worked hard for their communities.

The November 8-9 event at the Sheraton Laval brought together Aboriginal women from various backgrounds and regions of Quebec to celebrate the achievements of four decades of struggle for Native women's rights.

"This year, we decided to really underscore the presence of Aboriginal women in leadership," said Viviane Michel, President of the QNW, "and Eeyou Istchee is, at the moment, the place where there is quite a strong presence of female leadership."

Now, she noted, women play key leadership roles in seven of the 10 Cree regional organizations and share a tenacity to bring a change to their community.

Bella Moses Petawabano was recognized for her years on the board of the Cree Health Board, where she is currently the chairperson. Petawabano said the history of Cree women has come a long way.

"Our history has been that it is the men who would go out hunting and would bring the animals home," she said. "Then the women would take over and take care of what the husbands brought for the rest of the family and the community. The way I see it now, the Cree men in leadership did a lot for the Cree Nation. They bring a lot to the communities and now the women are out to take care of what the husbands bring to the people."

Dianne Ottereyes Reid was honoured for her role serving the youth of her community and for helping build a foundation for the next generation of Cree leadership. Among her achievements as president of the Aanischaaukamikw Cree Cultural Institute in Oujé-Bougoumou was the beautiful longhouse-inspired building that houses the institute.

"I really feel that I have come full circle," Ottereyes Reid said. "As an individual I always focused on the work behind the scenes doing what is required in order to help the leadership. I always had strong women around me over my 35 years of work."

Throughout her career Ottereyes Reid found inspiration and motivation from some of the friends who were likewise recognized at the symposium. "It's a special gift to always have that friendship and to share that sense of achievement together, as women, as sisters, as grandmothers and mothers."

All of the women honoured are role models in their own right. But Violet Pachanos stands out for being a trailblazing role model over the past 30 years for Cree women in leadership roles.

"I never expected anything like this evening," Pachanos admitted. "You do

EMPLOYMENT NOTICE

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Cree Regional Authority
Administration regional Crie
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Grand Council of the Crees (Eeyou/Eenou Istchee)
Grand conseil des Cris (Eeyou/Eenou Istchee)

MUNICIPALITÉ DE Baie-James

TITLE:	Assistant Director General	LOCATION OF WORK:	MATAGAMI
DEPARTMENT:	Office of the Director General Eeyou Istchee James Bay Regional Government	SALARY RANGE:	$86,150 to $103,380

Under the direction of the Director General, the incumbent is responsible for supporting the Director General in the coordination and execution of all his functions and activities as detailed in his Job Profile, contributing to the implementation of the Regional Government, advising the Director General and the Council of the Regional Government and replacing the Director General in his absence. He is also responsible for the management of relations with the Cree communities.

Acting in support of the Director General, the incumbent also ensures the proper management of the human, financial and material resources, including those entrusted to him. He works in close collaboration with the other Assistant Directors General and department directors in this regard.

In addition, the Assistant Director General may, under the direction of the Director General, assume specific responsibilities related to land and resource use planning and management and Cree relations and, in collaboration with the other Assistant Directors General and department directors, responsibilities related to infrastructure development, safety of citizens, regional economic development and such other matters as the Director General may assign to him.

Acting in support of the Director General, the incumbent also ensures the enforcement of the by laws, resolutions and decisions adopted by the Council of the Regional Government and the use of the funds for the purposes for which they were voted.

The incumbent is a member of the Office of the Director General, replaces the Director General in his absence and, if requested by the Director General, represents the Regional Government with different organizations and governmental entities.

QUALIFICATIONS

Education and Certification
- University degree in Administration or in a related field, or any combination of training and work experience deemed sufficient

Experience
- Five years of relevant managerial experience in community, institutional, business, local or regional government sector
- Experience in budgeting, planning and staff management

Language
- Fluency in Cree and English
- Spoken and written French
- Candidates who do not meet the French language requirements must undertake to learn French with a view to acquiring functional competence within a time frame agreed with the employer and/or the Cree School Board and at the expense of the employer and/or the Cree School Board.

Knowledge and Abilities
- Demonstrate strong management and supervisory skills
- Have strong leadership skills
- Demonstrate good communication and interpersonal skills
- Exercise strong judgment and problem solving skills
- Have good organizational skills and the ability to coordinate multiple tasks
- Good knowledge of the *James Bay and Northern Québec Agreement* (JBNQA) and other relevant agreements
- Good knowledge of the Eeyou Istchee James Bay territory
- Knowledge of the Microsoft Suite

Additional Requirements
- Typical office setting where there are no unusual physical demands
- Willingness to travel

The employer may, at its discretion, waive any or all of the aforementioned requirements if a suitable candidate who is a JBNQA beneficiary accepts to follow a training plan determined by the employer as a condition of employment.

For more information, do not hesitate to communicate with:
Mr. Stéphane Simard
Director General
Municipalité de Baie-James
Tel. 1-819-739-2030
Mr. Rodney W. Hester, MPA
Director, Government Support Services
Cree Regional Authority
Tel. 1-819-673-2600

This position is also posted on the Web sites of:
Municipalité de Baie-James:
www.municipalite.baie-james.qc.ca
Grand Council of the Crees (Eeyou Istchee) / Cree Regional Authority:
www.gcc.ca
Cree Human Resources Development (CHRD):
www.chrd.ca

Application
From November 19 to **December 12, 2013 at 12:00 noon**.
Your application must be sent by mail, fax or email to:
Mr. Stéphane Simard
Director General
Municipalité de Baie-James
110 Boulevard Matagami, C.P. 500
Matagami, Québec, J0Y 2A0
Fax: 1-819-739-2713
Email: ssimard@villembj.ca
— or —
Mr. Rodney W. Hester, MPA
Director, Government Support Services
Cree Regional Authority
2 Lakeshore Road, Nemaska, Québec
J0Y 3B0
Fax: 1-819-673-2606
Email: rwhester@cra.qc.ca

what you have to do because you're there working for your people. It's always a surprise when something like this happens to you, but it's truly a great honour to be recognized by other Aboriginal women."

Pachanos was the first woman elected Chief of Chisasibi in 1989. Her life of community service then resulted in becoming the first woman to be elected to the position of Deputy Grand Chief of the Grand Council of the Crees. She currently serves as president of the Niskamoon Corporation, an organization committed to providing training and jobs for the youth of Eeyou Istchee.

As the Chief of Washaw Sibi, Pauline Trapper Hester serves as a leader and role model for young Cree women and men in the newest Cree community.

"I believe Cree women, or any women for that matter, have the potential to move upwards into any type of leadership position," Hester said. "We are experiencing today a lot of women coming forward in leadership roles and I believe it will only continue to grow."

The youngest of the eight, Julie Ann Cooper could not attend the celebratory dinner due to responsibilities elsewhere. Cooper, from Waswanipi, was elected president of the Cree Outfitting & Tourism Association in August 2011.

All of these women completed years of post-secondary education before taking on leadership roles. Kathleen Wootton began her journey in search of her roots during the time she taught in British Columbia.

"Women have a harder job of trying to earn a living, be a leader, and raise a family at the same time," Wootton observed. "The women here have done all of that. It is through having confidence and believing in yourself that you can accomplish all of this."

After returning to Quebec and completing her Master's degree, she won the race for Deputy Chief of Mistissini, the first female in that leadership role. Now Wootton chairs the Cree School Board. "I encourage all young Cree women who are thinking of going on and becoming leaders to just go ahead and do it with confidence," she said.

Virginia Wabano's many years of political activism and community service, as a teacher and a foster mom helping many youths through troubled times, were also honoured.

"It is amazing to be among the inspirational women that have done so much work. I feel like a baby compared to them," Wabano said. "They have so much knowledge and experience. I'm very proud of being honoured amongst them this evening."

As the chairperson of the Board of Compensation and the President of CREECO, Darlene Cheechoo is a sterling example of what a person can achieve if they work hard and persevere. With more than a decade of post-secondary education, Cheechoo has earned several degrees in the fields of education, law and arts.

"It is amazing to be among the inspirational women that have done so much work. I feel like a baby compared to them. They have so much knowledge and experience. I'm very proud of being honoured amongst them this evening."

Virginia Wabano

Catching Crees on the bounce

Lemon Cree Fitness and Wellness second annual fitness convention in Montreal

by Jesse Staniforth

Fitness is an important issue in the Eeyou Istchee. But to Lemon Cree's Theresa Ducharme, it's not enough for exercise to be important – if Crees are going to get healthier, she says the exercise also has to be fun.

Ducharme took that message to Lemon Cree's second annual fitness convention to Montreal November 11-12. The conference's two-day program boasted everything from nutrition education and Elder fitness, to Ab-Busters, Lemon Cree yoga, power-fit (resistance and cardio training) and a Bounce-Fit workshop.

"I think the main reason it's been so popular is our social aspect," Ducharme said. "We have a lot of fun, there's a lot of laughing. Even in the yoga: it's supposed to be serious, but we laugh a lot. It's more than just clients and trainers: we actually have a relationship. Over the years these people have become my friends."

Ducharme credited a shared commitment to the health and stability of traditional cultures as the force that draws people to Lemon Cree.

"I've hand-picked my people and we really care what's going on in our culture," she said. "Not only with the Crees, it's open to everybody. It's a big family, and we've been successful because we've created that family atmosphere. Everyone knows I'm approachable and that if someone reaches out for me, I'll make sure to always answer in under 48 hours."

Partnered with the Cree Regional Authority's Sports and Leisure division, Lemon Cree has roughly 60 trainers across Northern Quebec and the west coast communities of James Bay. The Montreal conference was also an opportunity to teach new skills to some of these trainers.

"Last night we had CPR training for our trainers and anyone else [at the conference] living out in the communities. We wanted to give them these special tools to take back to the community and maybe save a life." Ducharme added that she hopes classes in nutrition (offered by the Cree Health Board) and fitness will also contribute to saving lives through better eating and exercise habits.

"It's about education," she explained. "We just had a health lab talking about how food digests. It's not just fitness, but knowledge. That's the key. I go to the North all the time and they don't have access to fresh fruits and vegetables. But today we learned about other ways to get nutrients and other stuff from food: there are alternatives that we'd never even heard of."

The fitness conference also introduced attendees to basketball veteran and scout Roosevelt Bouie Jr., who's in a new partnership with Lemon Cree to bring basketball into the Aboriginal health equation. Bouie, who was drafted to the NBA and played across Europe, now works in recruitment and scouting for European teams.

"I was so excited to get basketball!" exclaimed Ducharme. Bouie's company, Back Court Ltd., is now partnered with Lemon Cree in the process of buying a developing team for the NBA – a minor league team from which the majors come to pick their players.

"I'm really excited to have the chance for some of our people to go into professional sports," Ducharme said, "and then go back to the community and be that role model. Someone who can say, 'If I could do it, you can do it.'"

Ducharme and Bouie will be widening their search for the next Native basketball star to Aboriginal nations all along the East Coast of the US, from Florida to the Canadian border.

"We're going to make it very community-based for all the different Native tribes, to raise awareness, to do fun community things, and have role-model guest-speakers coming in," she said. "Maybe we'll find our NBA player – and if it's not the NBA, Roosevelt scouts for European teams."

Ducharme radiated optimism for the future of Lemon Cree and the future health of Cree communities.

"The Cree Nation and I are going into our fourth year: it's getting bigger. We're getting more people, and more awareness. We'll just keep bringing in what we need, every year."

Man bites dog

Adventurer survives three months in the bush with help from his friend

by Neil Diamond

There's a German Shepherd in dog heaven who got there by making the ultimate sacrifice as one man's best friend. Marco Lavoie, an adventurer, canoeist, expert outdoorsman, was lost and starving in the forest halfway between Waskaganish and Matagami when he accepted his pet dog's gift of life.

Forced to make an ultimate choice, Lavoie gestured toward his faithful companion. The dog approached hesitantly, loyally, seemingly knowing what lay in store. Lavoie lifted the rock he hid behind him and sent it deep into her brain. The hound quivered, whimpered its last breath, and died. Her meat gave him the strength to survive until rescuers finally found him after a 30-day search.

No one knows yet exactly what the sequence of events that led to this event but days before Lavoie had been attacked by a vicious black bear at his campsite on the shores of the Nottaway River. The bear destroyed all that he had to sustain him in this wild country.

While this drama unfolded, a search-and-rescue party was scouring the river desperately searching for Lavoie and his unfortunate pooch. "He survived on fish for 30 days," said Andre Diamond, one of the last people to see him at his departure.

Lavoie had canoed through Diamond's trapline the summer before on a journey from Senneterre to Matagami, where he had capsized on a minor rapid. Diamond saw that Lavoie was not an expert canoeist and warned him not to go alone. "He said he wanted to do what our people used to do," said Diamond. "It's 2013! The Cree don't do that anymore. Now we use outboard motors!"

The Nottaway River is one of the roughest of the three (Nottaway-Rupert-Broadback) major rivers that flow into Rupert Bay, a stone's throw from Waskaganish. A quick look at Google Earth reveals that particular rapid as a muscular 11 kilometres long. The locals call it Gajinobetshdet, "The One That Lies (Flows) Long."

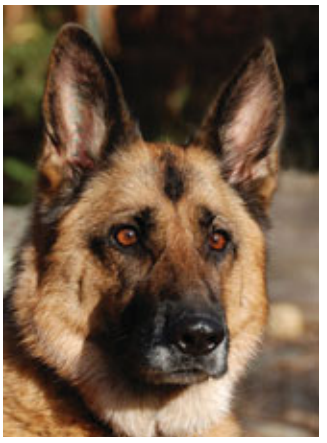
Lavoie was armed with a .303-calibre rifle on this trip and Diamond wondered if he might have been fishing when the bear attacked his campsite. The bear ate all his food, destroyed his tent and presumably made his canoe and paddles useless. "I would have eaten beaver before a dog!" exclaimed Diamond.

Three months later, on October 30, a helicopter spotted Lavoie by the river, but wasn't able to land because of dense bush and wild weather. The rescuer had to hike a long distance to get to him. Newspapers report Lavoie was "emaciated." Search-and-rescue personnel had to carry him back to the chopper. He is still recovering from his terrible ordeal in hospital.

Cree sources claim that the first words he uttered – which have yet to be confirmed – after coming out of unconsciousness were, "I want a new dog."

"He said he wanted to do what our people used to do," said Diamond. "It's 2013! The Cree don't do that anymore. Now we use outboard motors!"

Marco Lavoie



Yum, Yum; dumb, dumb

A caricature of an Aboriginal child on bags of potato chips sparks controversy

by Jesse Staniforth

photos from Yum Yum website, yum-yum.com/vintage

It is difficult to imagine what kind of publicity that Warwick, Quebec's Yum-Yum Chips was hoping for last week when the company proudly announced the return of its old "Little Indian" logo. The once-ubiquitous illustration of a long-haired Aboriginal child wearing a cowboy-movie-style headband and feather received a full-press marketing effort at a time that cultural misappropriation is now a major cultural controversy.

Web page and Facebook fan sites are full of images of the new bags featuring the "Little Indian." There a also ads for in-store cardboard displays of the character with the face cut out so customers can have their picture taken as what the company (in La Presse) called its "famous Indian" and try their luck at winning a t-shirt with the logo on it.

Outcry on social media was swift, with the company referring English media inquiries to freelance marketing consultant Philippe Bertrand. From the first, Bertrand disagreed with the statement that "People are angry about the logo.

"Actually, we don't consider that everyone is unhappy," he explained. "I think some people might have been offended by the image. It is part of a logo that has [existed] for 50 years. It was from a contest that was won by a schoolgirl to design the logo of the company. That was a marketing idea 50 years ago."

Bertrand went on to claim that, "Quebec people are quite attached to the logo."

Repeating a statement made by the company, Bertrand explained that the logo was created for the family of Yum Yum founder Robert Bergeron of Laurierville, Quebec.

"The family was of Indian origin, Algonquin," Bertrand said. "From what we know from the founder's grandson, 'yum-yum' meant potato in Algonquin."

However, when contacted by the Montreal Gazette's Don MacPherson, Algonquin Anishinabeg Nation Tribal Council director-general Norm Odjick said, "That's a good one. "I've never heard of 'yum yum' as the word for potato in Algonquin. For us it's 'padak' for 'potato,' and 'padakan' for 'potatoes.' Another word that can be used is 'opinig.'" He closed his response to MacPherson with, "Thanks for your email. I needed a laugh today."

In response to a letter of complaint to the company, Toronto anti-racist activist Todd Ferguson received an email explaining, "The character depicted on this packaging evokes the likely original developer of the potato chip, George Crum, a Native American. Such was the inspiration at the time for our founders, who also were of Native ancestry. […] Far from being a derogatory caricature, the little character represents a homecoming for Yum Yum. It is witness to our roots and origin, a nostalgic look at our history, but also an opportunity to revive our customer's memories."

Available images of George Crum, however, show a stately, dark-skinned gentleman of Huron-Wendat and African-American descent who bears no resemblance to the Yum-Yum icon. On the Yum-Yum Facebook fan page, Montrealer Cristian Genete argued, "If you really respected your roots, you'd be brave enough to honour them in a more mature and responsible way than through the use of a caricature – because it is indeed a caricature, regardless of the way you choose to mask that through persuasive words."

Idle No More organizer Melissa Mollen-Dupuis added that the icon was originally retired in the 1990s in response to the Oka crisis, while Montreal Métis activist Chelsea Vowel took the company to task on its Facebook fan page for claiming that it could not be racist because the image was designed for a Native-owned company.

"For you, the 1960s were able to be [worthy] of a moment of nostalgia," Vowel said. "For Aboriginal peoples, they are a reminder that the racism in this country is not far off from the present."

Asked whether he considered the image racist, Bertrand replied, "Not at all. We never wanted to offend anyone. We take notice of what happened, but once again it's a logo of a company. It's their logo."

Bertrand underlined that bags featuring the icon were for a limited marketing campaign. "It's not the new image of the company," he said. "It's a packaging that will be there until January. It was produced on a very small scale, for the next two months."

The company, Bertrand said, is sad about the controversy over the image. "We've learned from that." Asked if the packages will be recalled, however, Bertrand replied, "Not at all. We will not recall the chips."

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Direct action

Wemindji students raise money to finance trip to Nicaragua

by Eleanor Cowan

A group of Wemindji high-school students are fundraising to finance a trip to Nicaragua to help build schools and clinics in the Central American country.

The 18 students at Maquatua Eeyou School need to raise $90,000 to fund the trip. At one of the group's fundraisers, Sec. 4 student Taryn Shasheweskum talked about the Cree people having been given so much as a direct result of the efforts of their own leaders.

"We are a strong and giving people," said Shasheweskum. "We want to share with others less fortunate than ourselves. I'm excited about helping to build a school for youth who don't have a beautiful place to learn, like we do."

The students will fly from Montreal to Nicaragua July 7, 2014. Before that, MES student volunteers must maintain at least an 80% class attendance, excellent conduct and participation in every single class, and full roll-up-their-sleeves participation in the dozens of fundraising activities – including snow-shovelling, cooking take-out dinners, bagging and carrying groceries, beautifying the community, and all manner of service initiatives.

In addition, MES students are keeping journals and writing to teen pen pals in other parts of the world who've already volunteered in places as diverse as Kenya, Guatemala and Ecuador. In this way, MES students are learning pertinent details of trips already taken – and making new friends.

"This outstanding opportunity to adventure to Nicaragua combines both motivation and incentive for our students," said Lee Ann Gilpin, a Community Education Administrator at MES "Like any group of people who make a difference in the world, our students have to first help themselves. They must be competent and successful. They must master the academic material set before them this year, and meet the group requirements. The reward is twofold – an academic year of excellence achieved, and a wonderful way of celebrating: by giving to others during a fabulous trip."

The students and teachers Brandi Taylor, Shauna Simpson and Carmen Plank salute MES Principal Christi Lancaster, who supported the idea when they first pitched her their idea. It is no surprise though, that Lancaster would endorse such an experiential project.

Lancaster earned her Master of Education degree last year from the University of Ottawa. The core idea of her thesis paper, entitled "Indigenous Youth Activism in the Digital Age," is that students learn best by empowered "particip-action," in other words, by engaging in projects that involve them and have direct significance to them.

"Learning has to be meaningful or it won't stick," says Lancaster. "I am very proud of the superb educators at MES and their exciting approach to education. They have my full support."

The idea for this trip was born several years ago, when Taylor reflected upon her volunteerism as a University of Toronto student.

"My mother and stepfather taught me early that my luck in life would come from the way I treated other people," Taylor said. "True enough, by the time I returned from contributing my small part to build an orphanage for kids in Mexico, my life was changed. I wanted to pass on this opportunity, but knew I had to wait for the perfect colleagues, the most willing students with leadership qualities, and the best support, in order to begin."

This year in Wemindji, Taylor's magic recipe came together with the signing on of teachers Simpson and Plank. Recently, the group was thrilled to add two chaperones for male students: mechanics student Jeremy Matches, and the Director of Wemindji Sports Academy, Joel Brooks.

"We have gathered the best young student leaders to make a difference in Nicaragua," declared Simpson. While in Costa Rica, Simpson observed the stark contrast of the very rich and the very poor.

Perhaps this harsh reality served to hone her remarkable fundraising efforts in Wemindji.

"Typically generous, this community is quick to support educational opportunities," said Simpson. "So far, the Wemindji Fundraising Committee has contributed $10,000 to assist MES students to help others."

Plank, a strong advocate of empowered learning, also spoke about her volunteer work in Honduras. With only a shovel, Plank helped dig a hole for a septic tank for two weeks.

"Each day as it got deeper and wider, we got happier and happier. We knew that tank would be in service at that school long after we left," Plank said, adding that this will be an intense bonding experience that MES students will forever cherish.

Last Saturday, the Nicaragua-bound secondary students raised $1000 at their spaghetti and Caesar salad take-out fundraiser. Sleeves were rolled high to chop onions, cook minced meat and prepare their best-ever Cree tomato sauce. Meanwhile, teachers Taylor, Simpson and Plank delivered 60 take-out orders throughout snowy Wemindji.

> "It's so exciting for us. We all run to see (Taylor) add a little more colour to the poster thermometer showing the money we've earned each week. It's fantastic to see that red line rise!"
>
> Sec. 4 student Amanda Wadden

"It's so exciting for us," said Sec. 4 student Amanda Wadden. "We all run to see (Taylor) add a little more colour to the poster thermometer showing the money we've earned each week. It's fantastic to see that red line rise!"

In addition to all of the academic and service requirements, each student is responsible to earn $250 spending money for the trip.

"I know we will do a good job," said Sec. 4 student Amber-Lane Gull. "I'd love to make new friends in Nicaragua, and I know this trip is going to widen my world. When I come back in July, the greatest thing I want to be able to say to myself, and to my family, is that I helped to change the world."

MES students encourage Nation readers to like their Facebook page, MES goes to Nicaragua. Donors will receive a personal letter of heartfelt thanks from students and a mention of honour on their website.

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UNDER THE NORTHERN SKY

Winter blues and the gossip game

by Xavier Kataquapit

I can't seem to get comfortable with the seasonal transition from fall to winter this year. Perhaps this is because the weather is up and down like a yo-yo. I have seen snow come and go several times now and in huge storms with very high winds. Then I have seen torrential downpours of rain and the rapid departure of snow on the ground, roofs and lake.

Many people seem to be a little upset during these intense weather days. That makes sense because we are more or less as northerners accustomed to the fading of autumn and the coming of winter in familiar ways.

Even the animals and birds near my place in the remote wilderness seem confused and perturbed as they dart about doing their best to figure out what they should be doing to ready for winter. The coming of winter can be difficult for northerners, particularly those living in remote First Nations and towns. For many of us it means more freedom because we can travel far and wide over the frozen muskeg, ice roads and snowmobile trails. However, many of us are forced inside our homes for months.

In the winter, coffee shops and other social meeting places like clubs are more popular as people look for a way to get out and interact. The problem is that with the coming of this hard weather, people tend to get a little bit nasty with each other. The dynamics change as people become more inward thinking and, in many cases, they just might not be all that happy with their lives. With lots of time on their hands and months of reflection possible, people sometimes deal with their unhappiness or dysfunction by lashing out. So, I have always seen winter as the time when the most terrible gossip is spread.

People in leadership positions in politics, organizations and agencies are very often the brunt of the winter blues gossip. As a writer I have learned that anyone in the media is a target and in particular if they are writing an article that is controversial. I am sometimes amazed at the really hard and often racist or bigoted comments I have had thrown my way merely because I was expressing a point-of-view. It really is necessary to develop a thick skin when working in areas that are exposed to public opinion.

Sometimes people get negative with me merely because I don't do what they want or I don't keep in touch with them. I don't go here or go there or do this or do that. I have seen that when I don't make some people happy then they try to hurt me in some way and that makes me very sad but also angry. I live my life according to the motto of "live and let live," which has a lot to do with why I choose to lead a clean and sober life.

I don't hate or dislike anyone and I try my best to be good and encouraging to those I meet but I understand very well that there will always be those that don't agree with my way of seeing and understanding the world. I am fine with that. I just wish people would be good and busy with their own lives and trying to improve themselves rather than lash out at others because it seems like an easy thing to do.

These days the coffee shops and local meeting places are being replaced by those who constantly check their status on social media like Facebook or Twitter. There are a lot of positive things about this type of social media but also there are many negative issues. For those with limited lives who are unhappy, something like Facebook becomes a weapon where they easily can strike out at others.

The one important thing they forget is that slanderous or untrue comments are documented and preserved. The courts are full of cases these days where people are getting sued for slanderous gossip they spread through social media. So the next time you feel the urge to knock someone's reputation just for the fun of it you should think twice because it could cost you much more than just an apology.

CLASSIFIEDS

PENPALS WANTED

My name is Morwen Tregudda. I am a British woman aged 63, living in a village in the UK. I would like to correspond with people of the Cree Nation, especially elders. Je sais écrire en français aussi – but not yet in Cree. Perhaps you can teach me. My interests include : North American cultures and history, languages, wildlife, herbal medicine, reading, I like writing real letters and exchanging photos, postcards, brochures and magazines. Please write to: Ms. Morwen M. Tregudda, 7 Longrow, Sheffield, Paul Penzance, TR19 6UN, Cornwall, UK/ RU

PUBLIC SERVICE ANNOUNCEMENTS

Meetings in Mistissini: Alcoholics Anonymous, Tuesday's Hope Meeting, are at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alanon Meetings** are on Tuesdays as well at 7PM at the Mamou-Wechidodow Building Amisk Street. **Alateen Meetings** are on Mondays at 3:30PM at the Reception Centre 282 Main Street. These meetings are all open meetings.

TD Scholarships for Community Leadership - Apply today! Applications available at Your high school or CEGEP (in Quebec) Online at www.td.com/scholarship or Call 1-800-308-8306 TTY (Text telephone) 1-800-361-1180

Cultural Manual for Foster and Adoptive parents of Aboriginal Children, launched at the last Gathering of the NETWORK on October 3... CHECK IT OUT! www.reseaumtl-network.com/eng/Portals/5/Cultural%20Manual.pdf

The Aviva Community Fund is Canada's longest running online community competition. With over $2.5 million dollars given away to date, the Aviva Community Fund is making a difference in communities across the country. Submit your idea for positive change and have a chance at sharing in this year's $1 million Aviva Community Fund.

For more info go to http://www.avivacommunityfund.org/

Kid's Help Phone Line:
1-800-668-6868
(www.kidshelpphone.ca)

Youth Helpline: 1-800-263-2266 (www.teljeunes.com)

Parents' Helpline: 1-800-361-5085
(www.parenthelpline.ca)

Missing Children's Network: They'll help you find kids who have run away or disappeared.
514-843-4333
(www.enfant-retourquebec.ca)

Drug Addiction help and reference: 1-800-265-2626
(www.drogue-aidereference.qc.ca)

Gambling Addiction help and reference: 1-800-265-2626
(www.info-reference.qc.ca)

S.O.S. Conjugal Violence:
1-800-363-9010
(www.sosviolenceconjugale.com)

Health and Sexuality Resources Center: 1-888-855-7432 (Monday to Friday, 9am to 5pm) (www.criss.org)

Gay Helpline: 1-888-505-1010 (Monday to Friday, 8 am to 3 am and Saturday-Sunday, 11 am to 3 am)

The Native Women's Shelter of Montreal: 1-866-403-4688 (www.nwsm.info)

Suicide Action Québec:
1-866-277-3553
(www.suicide-quebec.net)

Residential School Survivors: A 24 hour toll-free crisis line is available to provide immediate emotional assistance and can be reached 24-hours a day, seven days a week: 1-866-925-4419. Other support services and information for survivors is available on the AFN website at: www.afn.ca/residentialschools/resources

Concordia University, Montreal:

The Centre for Native Education has changed its name to the Aboriginal Student Resource Centre (ASRC). The new name is inclusive of the First Nations, Inuit and Métis students the centre serves and recognizes its role as a resource for the Concordia community. For any further details contact: aboriginalcentre@concordia.ca or 514-848-2424 ext. 7327.

THE SDBJ CONGRATULATES THE NOMINATED ENTREPRENEURS AND WINNERS OF THE 6th EDITION OF THE CREE ENTREPRENEURSHIP GALA HELD IN VAL D'OR ON NOVEMBER 7th

The SDBJ congratulates the winners in all categories, and especially the entrepreneurs fostered by the SDBJ, such as Hugo Bosum, of HMA Tires and Accessories in Ouje-Bougoumou, Roderick Happyjack, of Beesum Transport in Waswanipi and Jerry Matoush of Matoush Tire Shop in Mistissini.

The 2013 gala theme was Energizing Youth Business. We congratulate the Eeyou Economic Group/CFDC Inc. team for organizing the gala devoted to the Cree entrepreneurs of the Eeyou Istchee area.

"By the quality of the nominees, this gala devoted to the youth Cree entrepreneurs was a great event. I wish to highlight the magnificent work achieved by the EEG team directed by Mr. David Neeposh and by the Board of Directors headed by Mr. Eric R. House", said SDBJ's CEO, Mr. Raymond Thibault.

"The SDBJ will work closely with the EEG team to ensure that Cree businesses will receive funding appropriate to their needs. At SDBJ, we work hard to give financial services corresponding to the reality of youth Cree entrepreneurs", explained Mr. Alain Coulombe, Deputy General Manager of Economic Development.

www.sdbj.gouv.qc.ca

Société de développement de la Baie-James
Québec

Winter is coming. Be prepared.

Change your tires ✔

Chop wood ✔

Get the flu vaccine ✔

Parents: Children and youth between the ages of 2 and 17 will receive the flu vaccine with a nasal spray, not a needle.

Connect with creehealth.org

/creehealth

@creehealth

The flu campaign started at the beginning of November. Listen to the radio for local info.

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